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UNITED STATES DEPARTMENT OF AGRICULTURE  
STATES RELATIONS SERVICE

A GUIDE IN BAKING

HANG IN YOUR KITCHEN

SAVE WHEAT -- USE WHEAT SUBSTITUTES

MEASUREMENTS OF SUBSTITUTES EQUAL TO  
ONE CUP OF FLOUR

These weights and measures were tested in the Experimental Kitchen of the U. S. Food Administration, Home Conservation Division, and of the U. S. Department of Agriculture, Office of Home Economics.

In substituting for one cup of flour use the following measurements. Each is equal in weight to a cup of flour.

Barley . . . . .	1 $\frac{3}{8}$ cups
Buckwheat . . . . .	$\frac{7}{8}$ cup
Corn flour . . . . .	1 cup (scant)
Corn meal (coarse) . . . . .	$\frac{7}{8}$ cup
Corn meal (fine) . . . . .	1 cup (scant)
Cornstarch . . . . .	$\frac{3}{4}$ cup
Peanut flour . . . . .	1 cup (scant)

Potato flour . . . . .	$\frac{3}{4}$ cup
Rice flour . . . . .	$\frac{7}{8}$ cup
Rolled oats . . . . .	1 $\frac{1}{2}$ cups
Rolled oats (ground in meat chopper) . . . . .	1 $\frac{1}{8}$ cups
Soy-bean flour . . . . .	$\frac{7}{8}$ cup
Sweet potato flour . . . . .	1 $\frac{1}{8}$ cups

This table will help you to make good griddle cakes, muffins, cakes, cookies, drop biscuits, and nut or raisin bread without using any wheat flour.

You will not need new recipes. Just use the ones your family has always liked, but for each cup of flour use the amount of substitute given in the table. You can change your muffin recipe like this:

Old Recipe

2 cups wheat flour
4 teaspoons baking powder
$\frac{1}{4}$ teaspoon salt
1 tablespoon sugar
1 cup milk
1 egg
1 tablespoon fat

New Recipe

1 $\frac{3}{8}$ cups barley flour
1 cup (scant) corn flour
4 teaspoons baking powder
$\frac{1}{4}$ teaspoon salt
1 tablespoon sugar
1 cup milk
1 egg
1 tablespoon fat

The only difference is the substitution for the wheat flour. Everything else remains the same. You can change all of your recipes in a similar way.

GOOD COMBINATIONS OF SUBSTITUTES

You will get better results if you mix two substitutes than if you use just one alone. Some good combinations are—

Rolled oats (ground)	{	and {	Corn flour
or			or
Barley flour			Rice flour
or			or
Buckwheat flour			Potato flour
or			or
Peanut flour			Sweet potato flour
or			or
Soy-bean flour			Corn meal

CAUTIONS

1. All measurements should be accurate. A standard measuring cup is equal to a half pint.
2. The batter often looks too thick, and sometimes too thin, but you will find that if you have measured as given in the table the result will be good after baking.
3. Bake all substitute mixtures more slowly and longer.
4. Drop biscuits are better than the rolled biscuits, when substitutes are used.
5. Pie crusts often do not roll well and have to be patted on to the pan. They do not need chilling before baking.

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